

🇬🇧 SSSSB Story 022b: True Transformation Begins Within [13+ years]



A brother and sister shared a very close bond and always treated each other with love and respect. The brother was kind, helpful, and curious, but he was also very emotional by nature.

One day, the sister noticed that her younger brother was sitting quietly with a sad face. “Brother, what happened today?” she asked gently.

He replied, “Sister, I feel lonely. Many friends spend their time gossiping and making fun of others. Some of my friends and I try to practice good values, but because of that, they ignored and humiliated us. I cannot join them in doing the wrong things, and I cannot change their behaviour either. Sometimes I feel sad.”

Sister reminded, “Have you forgotten what our SSSSB gurus have taught us to remain calm, kind, helpful, and loving? Instead of trying to change others, you should focus on improving yourself.”

The mother entered the room. She also attended SSSSB classes and understood the importance of values.

“My dear children,” she said lovingly, “both of you have learned so much from the SSSSB gurus. But what happened to my dear son today? How could you forget the beautiful values you have been learning all these years?”

He reflected for a moment and then smiled.

“Yes, Mummy. Yes, Sister. Thank you for opening my eyes. I attend SSSSB classes every week, yet I allowed my emotions to control me. Now I understand what I must do. I will always try to be my true self—humble, kind, and helpful—no matter how others behave.”

From that day onward, the brother stopped worrying about what others thought of him. Instead, he focused on practicing good values every day. Gradually, he became more confident, calm, and cheerful. Slowly classmates who had once ignored him became friendly. Some even started changing their own behaviour after seeing his example.

The transformation was so noticeable. One teacher remarked, “Look at the positive change in these children. Good company and good values truly bring positive transformation.”

The boy smiled when he heard this. He had learned an important lesson:

We cannot always change others, but by practicing good values ourselves, we can inspire others to change. True transformation always begins within.

Question and Heart-Work: "Can you share a time when you stayed calm and kind, even if others were not?"